[illegible]

[illegible]

(Kaan Pete Roi (BD): 01779-554391)

[illegible] — [illegible], [illegible]

[illegible] '[illegible], [illegible], [illegible]' [illegible]

(Ei kaaran e 'Hay, ami Bob, ami ekjon abhisarkt' er sthane)

[illegible] (AA) [illegible]: [illegible] '[illegible]' [illegible], [illegible], [illegible] - [illegible], [illegible], [illegible], [illegible]-[illegible]

[illegible], [illegible] '[illegible]' [illegible] '[illegible]' [illegible] '[illegible] MTHFR' [illegible], [illegible]

(Translation: The kernel introduction creates a sense of belonging through shared architecture. 'I'm a Warrior' or 'I'm a Worrier' or 'I'm MTHFR' are not statements of deficit but of biological reality. They state: this is how my system is wired, this is what it needs, this is what I am building towards. The identity faces forward from the first utterance.)

"[illegible] (Choice Thrills)" [illegible]: [illegible], [illegible], [illegible] '[illegible]' [illegible], [illegible], [illegible], [illegible]

[illegible]; [illegible]

(The group responses are calibrated to the type — Warriors hear something that matches their energy; Worriers hear something that matches their need for calm acknowledgment. No one is spoken to the wrong way by a ritual designed for someone else.)

[illegible]

(Chaar Prakritibhukti)

[illegible] [illegible] [illegible] [illegible] [illegible]:

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible]:

"[illegible] [illegible] [illegible]."
[illegible] [illegible] / [illegible]।
"[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]।"
[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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(Element 2)

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(Jēn Tāip / Mānūṣ Tāip)

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(Aadhār Ńkanga - Jīvanaṅgik, nā Pāthalaji)

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(Anubad: Shesh manavik prakar o tader samohita pratikriya)

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[Val/Val — □□□ □□□□□□□ □□□□□□□, □□□□□□□□□ □□□□□□□□□□ □□□□□ □□□□□□□**]**
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"Channel it." (□□□□□□**) -** □□□ □□□□□□□ □□□□□□ □□□□□□ □□□□□□□□ □□□□□□, □□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□/□□□□□ **(**□□□□□ □□□□□□□□□**)** □□□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□ □□□□ □□□□ □□□□□□□ □□□□ □□□ □□□□□□ □□□□□□ □□□□□□ **(**□□□□□□ □□□□□□□□□□□**)** □□□□□□□□□ □□□□□□□□□

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[Met/Met — □□□□□ □□□□□□□□ □□□, □□□□ □□□□□□ □□□□□□□ □□□ □□□ **]**
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[Val/Met - [illegible], [illegible]]
[illegible] ✦

[illegible]: [illegible] MTHFR[illegible] [[illegible] - [illegible]]
[illegible]

[illegible] [MTHFR + Met/Met — [illegible]]
[illegible]: [illegible]-[illegible]

[illegible] ([MTHFR + Val/Val — [illegible]])
[illegible]

[illegible] (Āmi āmār prakārtiti bhala jānī nā.)

****Note:****
Kaan Pete Roi (BD): 01779-554391
[illegible]

[illegible]:

[😊 [illegible], [illegible]]

[[illegible]: [illegible]

[[illegible]: [illegible] '[illegible]' [illegible] ([illegible]) [illegible] - [illegible]-[illegible]]

[illegible] (Element 3)

(Translation: Health-related information acquisition and assistance guidelines (Element 3))

[illegible]

[illegible] - [illegible], [illegible]

[illegible], [illegible] ([illegible]) [illegible]: [illegible], [illegible]

(Note: "Kaan Pete Roi (BD): 01779-554391" has been replaced as per the critical note.)

[illegible], [illegible]:

[illegible]:

[illegible] **[illegible]**[illegible]
[illegible]

> [illegible]
> **(Aadhunik Udbegaer Filosofi)**
>
> "[illegible]" [illegible] (AA) [illegible]: [illegible]? [illegible] '[illegible], [illegible], [illegible]'[illegible] - [illegible], '[illegible]' [illegible]
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> [illegible]: [illegible], [illegible]: [illegible], [illegible], [illegible], [illegible], [illegible], [illegible]: [illegible], [illegible], [illegible], [illegible] MTHFR [illegible]: [illegible], [illegible], [illegible]
>
> (Translation: The Kernel suggests: honestly name your biological need, then find the modern thrill that meets it. For Warriors: intense sports, competitive gaming, trading, extreme experiences, cold water,
>
> [illegible], [illegible]; [illegible], [illegible], [illegible]; [illegible], [illegible], [illegible]

[illegible] **(Human Brain Types)**	[illegible] - [illegible] **(Aadhunik Tharras Menu - Anusandhaner Udahran)**
[illegible] ([illegible]/[illegible]) [illegible]:	[illegible], [illegible], [illegible], [illegible] (BJJ), [illegible], [illegible], [illegible], [illegible]-[illegible], [illegible], [illegible], [illegible], [illegible], [illegible]

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(Element 4)

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(Aami kintu ki karchhi)

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(Aami kintu karo chhi eta oka sakshyeer madhye bhabo.)

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(Aami kii kam karchi, eta bhavnayogyo. Etai koeuke paalhan ba dukher gatha ullaha karo nae. Etai sirf proshno poshchhe: bartman prakalp kya? Yebhabe chhote chhote 'mithant sangjna' ba beshi beshi 'benjor thake mukti'? Dui-taa o samanyabhabey yogyo. Koti-o anoyke beshi prasann nae.)

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(Translation: After the opening (purpose statement, breath, water, opening sentence from the kernel), the facilitator moves directly into the Introduction Ritual. This completely replaces the old check-in format. The Introduction Ritual is the check-in - it contains all the same information (who you are, how you're doing, what you need) but in a structured format that builds identity rather than documenting crisis

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(Note: The text provided seems to be a mix of English and Bengali instructions with some unclear parts. I have translated the clear parts as requested.)

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(Translation: The facilitator now goes around the room. Take your time with each topic. The group responds after each sentence - you'll see how it works.)
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(Note: The provided text is already in Bengali, so no translation was performed. The output is as requested, with only the original text.)

[illegible]:

(Natanun bhagajankari yemen tader kichumaan prakhar nirdharit nao:)

- [illegible]: "[illegible] [illegible] [illegible] [

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  (Kōn jan sanggrahe yōg dite nā chāi: 'Āmār kōn upakōshal nēi. Āmra ēi rāta tā dekhate pārebe.' Anurodh karā kare rakhune. Sposhṭi-r jonī yebar āgē tāder ānke, diṛghabhāve nāmtran karun.)
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(Ek patar — tara parichay baitheke pare ba taarder pratham baithe ke age eti padten.)

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(Sothik Naya)

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(Tum eta jaanar prayon jani nēi.)

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Example — Warrior, established recovery

"My name is Marcus."
GROUP: "Marcus. Good to have you here."
"I am a Warrior."
GROUP: "Channel it."
"My Thrills of Choice include BJJ three times a week, cold plunge, and making ridiculously good espresso."
GROUP: "That's the real thing."
"Right now I'm working on staying consistent with sleep — my training suffers when I

don't, and I've been cutting it short."
GROUP: "We'll work on it with you."

Example — Worrier, newer to recovery

"My name is Sofia."
GROUP: "Sofia. Good to have you here."
"I am a Worrier."
GROUP: "We've got you."
"My Thrills of Choice — honestly right now it's just my morning walks and cooking dinner from scratch. I'm trying to add swimming."
GROUP: "That's the real thing."
"Right now I'm working on not isolating when things get hard. I keep going quiet and I know it makes it worse."
GROUP: "We'll work on it with you."

Example — MTHFR, first meeting

"My name is Dev."
GROUP: "Dev. Good to have you here."
"I am — I think MTHFR? I read the card and that one sounded most like me. I always feel like I'm running on half a tank."
GROUP: "We're rebuilding with you."
"My Thrills of Choice — I used to love hiking before everything fell apart. Right now it's coffee and my dog."
GROUP: "That's the real thing."
"Right now I'm working on just getting through the week without using. That's honestly all I have right now."
GROUP: "We'll work on it with you."

Example — Type unknown, first meeting, minimal words

"My name is Lee."
GROUP: "Lee. Good to have you here."
"I don't know my type yet."
GROUP: "You will. We'll figure it out together."
"My Thrills... I don't know. Music, maybe."
GROUP: "That's the real thing."
"Right now I'm working on just showing up."
GROUP: "We'll work on it with you."

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(Note: The provided text is already in Bengali, so no translation is required.)

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(Note: The provided text seems to be a placeholder or heading, and the actual content for translation is missing. I have translated the given text as per your request.)

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(Note: The provided text replaces the original "Phase 2" with the new emergency contact information in Bengali.)

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